



GF&RD

the Gilbert Fire and Rescue Department

VOLUNTEERS

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Kim's Corner

By Kim Yonda

Gilbert Fire and Rescue Department

Volunteer Coordinator

Fall is a time for preparation as we think about how to ready ourselves for the Volunteer opportunities that lie ahead. Therefore, it's a great time of year for goal setting. The best goals to set for ourselves are the achievable kind. With that in mind, here are a few easy goals you can set for yourself.



Take a few moments to review your Volunteer deployment tent. Have you refilled supplies that have been utilized? Review the expiration date on any medical supplies, food or beverages. Test the batteries in your flashlight. Do you have a spare set of batteries packed? One never knows when his batteries will go dark.

It is important to maintain current contact information. Have you moved or changed telephone numbers? Please be sure to log in online and update your Volunteer profile if you have.

Reporting your Volunteer service records the use of your time and expertise. Set a goal today to be sure your 2014 service hours are accurate, and reflect the amazing work you do.

You spend a great deal of your time making a difference in the lives of others. Your family, friends, and Volunteering are all quite important, but so are you. Set a goal to carve out some time each day that is just for yourself. Whether that is reading, working out, hiking, or watching the sunset, (and yes we all know that for myself, I would add shopping to that list) just do something for yourself!

Your continued dedication and commitment is invaluable!



National Preparedness Month

By Sheri Gibbons
Emergency Management Coordinator
Gilbert Fire and Rescue Department

September is National Preparedness Month, a campaign of the Federal Emergency Management Agency (FEMA) that encourages households, businesses and communities to prepare and plan for emergencies.

If an emergency occurred today, would you be ready? If your family members know how to turn off the gas to your home, you have food and water storage, and a corded phone or a solar charger for your cell phone, I'm impressed! But for those who ask, "A corded phone?" are likely not prepared to be self-sufficient during an emergency.

There is, of course, more to family preparedness than just storing food and water, and there are many resources available to assist you. Visit www.RedCross.org or www.ready.gov for more detailed preparedness information.

Why is community preparedness so important? A prepared community is resilient! Its citizens are more apt to be self-reliant and willing to be of assistance to each other during an emergency. That is a great benefit to the community, as well as to its first responders, because they may be overwhelmed, and required to prioritize their resources.

Be a force this September and empower your families, friends, neighbors, and co-workers to participate in National Preparedness Month and get prepared!



A Little Laugh

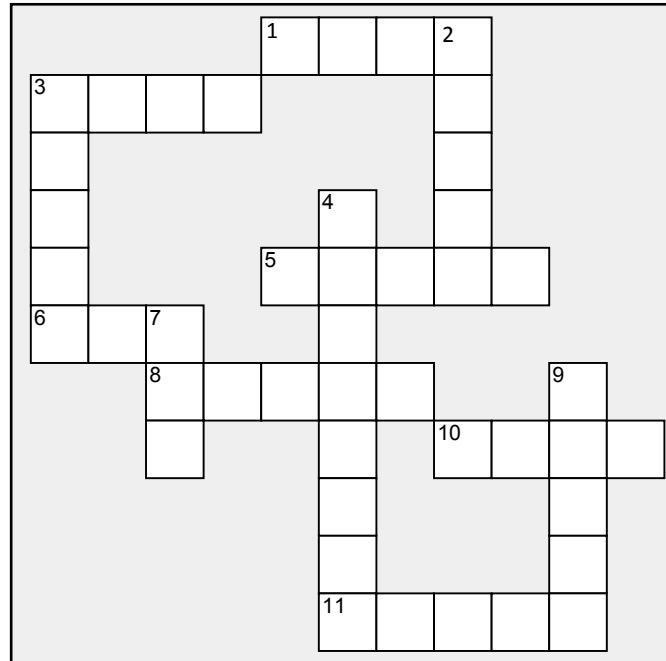
A fireman was showing his kids an old rotary phone when his 9 year old asked "How did you text on it?" His 15 year old daughter roared with laughter until a thought occurred to her. "Wait! Where did you store your contacts?"

And For The Small Fry

If you jumped off the bridge in Paris, you'd be in Seine.

Emergency Preparedness Crossword Puzzle

Submitted by Johnna Switzer
GFRD Volunteer



www.CrosswordWeaver.com

ACROSS

- 1 Furry family members that should be part of your preparedness plan.
- 3 This comfortable piece of furniture should not be part of a family's supply kit.
- 5 ____light: A handy tool to have if the lights go out!
- 6 You might find water, a flashlight, or a whistle in an emergency supply ____.
- 8 Every Person needs one gallon of this per day!
- 10 Families can create a communication ____ so they know where to meet and whom to call during an emergency.
- 11 Fun items that families can play together.

DOWN

- 2 Keep an extra pair of these in your supply kit to keep your feet dry!
- 3 Some people have a ____ between meals if they are hungry
- 4 ____ bag: Great for napping or keeping warm
- 7 Every family member should carry a contact list with at least ____ different phone numbers that will allow you to keep in touch during an emergency.
- 9 It's important to get the ____ about different kinds of emergencies, so that you know what to expect.

You've Been Spotted

Thank you for doing something great!

Jeremy Berini
Felix Castro
Dave Cohea
Tom Dieterle
Terry Gray



Kelsie Knox
Diane Nielsen
Brandon Siebert
Shania Vales

You are appreciated!

Katharine Keller visits with the Burlington, New Jersey Fire Department's Neptune Hose Company.



Water, Water, Everywhere



This year's H2O for Heroes drive, organized by FireHouse Subs in Gilbert, collected and donated over 8,000 bottles of water to the Community Assistance Program. Much appreciation goes to Fire House Subs and to our pictured Volunteers who loaded all 8000 bottles.

Reviewing *Community Assistance*

By Terry Gray and Dianna Erickson
GFRD Volunteers

- 1) When writing a report for a department errand, you
 - a. need to record the starting mileage
 - b. need to record both starting and ending mileage
 - c. don't have to record any mileage
- 2) The shift calendars are due to the Volunteer Coordinator by
 - a) The first of each month
 - b) After the first version comes out
 - c) The fifteenth of each month
- 3) How many shifts are you required to do each month as COM251?
 - a) As many as you can
 - b) There is no requirement for the number of shifts
 - c) Two
- 4) When checking the Volunteer email, what should you do with each email after printing it?
 - a) Leave and mark as unread so the next shift can read it and see what you have done
 - b) Forward it to Kim so she can read it
 - c) Delete it

Answers: 1) b 2) c 3) c 4) c

F Y I

Is Your Cell Phone Registered?

By Sheri Gibbons
Emergency Management Coordinator
Gilbert Fire and Rescue Department

The greater Phoenix area has an emergency notification tool called the Community Emergency Notification System (CENS). CENS can be launched to provide a recorded message to all land line telephone numbers within the notification area that is determined by public safety officials. However, the database of phone numbers used by CENS does not include cell phones, or Internet Protocol (VoIP) phone numbers. You must register them to receive rapid emergency notifications from CENS. You can register your cell and VoIP phones online by visiting www.911alertsyou.com, or by calling 602-273-1411.



Cook & Ladder

Here is a recipe from Battalion Chief Randy Hooks and Kelly Hooks.

Strawberry Spinach Salad

½ cup white sugar
2 tablespoons sesame seeds
1 tablespoon poppy seeds
1 ½ teaspoons minced onion
¼ teaspoon Worcestershire sauce
¼ teaspoon paprika
½ cup vegetable or olive oil
1 bag (10 ounces) fresh spinach
1 pint strawberries, sliced thin
Sliced almonds to sprinkle atop salad
Salt and pepper to taste optional



For dressing: Mix sugar, onion, Worcestershire sauce, paprika and vinegar in blender, or whisk by hand. Slowly add oil. Stir in sesame and poppy seeds, and salt and pepper if using. Chill dressing in jar with tight lid and shake before pouring on berries and spinach.

Remove the stems from the spinach and tear leaves into bite size pieces. Slice strawberries and add into spinach with sliced almonds.



Welcome

New GFRD Volunteers

Jacob Boettcher Dominique Chavez
Shaina Vales



Kim Komando at www.komando.com said that “One of the biggest drains on the battery is your tablet's bright high-definition screen. Keeping the screen slightly dimmed can add hours of battery life, and turn off wireless communications when you don't need them. Use a free app like **Battery Doctor**, formerly Battery Saver, to sniff out power-hogging apps and programs.”

What Did I Come In Here For?

By Terry Gray
GFRD Volunteer

Have you ever gone into a room, and forget why you were in there? Did you finally remember, or was it gone forever?

According to Heather Chapple, BS, the Community Liason of Hospice of the Valley, who conducted an informative presentation on Dementia at the Volunteer Program's Training Blitz in July, we all go through normal memory changes, but the biggest difference between normal and dementia is whether the thought or memory comes back. With approximately 65 different types of dementia, with Alzheimer's being the most common, there are many people affected by dementia in some way, so having a better understanding of the disease can de-escalate frustrations when dealing with a family member, friend or customer.

Remember that persons with dementia have a difficult time communicating and understanding what is being said or asked. Keep conversations and requests simple by using more “yes” and “no” questions, and allow the person time to process and register what was said. Listing tasks like brush your teeth, get dressed, and then put on your shoes can overwhelm someone with dementia, which can lead to challenging behaviors such as lashing out verbally or physically.

Even asking if they are hungry might create stress because they are not sure, or cannot verbalize the feeling. Also, keep in mind that they do not want to be a burden. We have all thought about it, but they are feeling it. Try a different approach. “Suzie, I’m going to make myself a sandwich, and it would be great if you would join me.” Keeping things calm, simple, and most of all, kind, helps a victim keep a quality of life that we all deserve.

REMINDER: Kim is still collecting APP submissions for VOLUNTEERS. Please don't forget to send your best ones (with a brief explanation) on to her.

COMING UP

SEPTEMBER

| | | | | |
|----|---------------------------|----------------|-----------------|--------------------|
| 1 | GFRD Closed for Labor Day | | | Δ / Open to Public |
| 10 | Home Safety Team Training | 5:30 - 8:30 PM | Room 6 | HST Only |
| 22 | Home Safety Team Training | 5:00 - 7:00 PM | Secure Location | HST Only |
| 27 | America's Preparathon | | | |

OCTOBER

| | | | | |
|----|----------------------------------|--------------------|--------|------------------------------|
| 1 | ButterBraid Sales Start | | | |
| 6 | Citizen Corps Operations CoA | 6:00 - 8:00 PM | Room 2 | Δ |
| 13 | COM 251 Quarterly Meeting | 6:00 - 8:30 PM | Room 1 | COM 251 Only |
| 15 | P.E.T.T. Training | 4:00 - 6:00 PM | Room 1 | P.E.T.T. Only |
| 18 | Fall Social | 11:00 AM | TBD | CERT / FC |
| 22 | IMS/Safety | 5:30 - 8:30 PM | Room 1 | COM 251 Only |
| 25 | Collision Avoidance | 9:00 AM - 12:00 PM | TBD | Specific Volunteer Positions |
| 25 | Report Writing and Documentation | 12:30 - 4:30 PM | Room 6 | COM 251 Only |
| 30 | ButterBraid Sales Due | | | |



Δ Open to CERT, FC, and VIPS Volunteers

Gilbert Fire and Rescue Department Volunteers register on line.

All others

Register with Kim Yonda @ 480-503-6325 or kim.yonda-lead@gilbertaz.gov